

Full Report (All Nutrients) 35161, Caribou, shoulder meat, dried (Alaska Native)

Report Date: July 13, 2017 10:06 EDT

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Proximates				
Water 1	g	33.81	1	--
Energy	kcal	271	--	--
Energy	kJ	1132	--	--
Protein 1	g	59.38	1	--
Total lipid (fat) 1	g	3.67	1	--
Ash 1	g	4.68	1	--
Carbohydrate, by difference	g	0.00	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	0.00	--	--
Sucrose	g	0.00	--	--
Glucose (dextrose)	g	0.00	--	--
Fructose	g	0.00	--	--
Lactose	g	0.00	--	--
Maltose	g	0.00	--	--
Galactose	g	0.00	--	--
Starch	g	0.00	--	--
Minerals				
Calcium, Ca 1	mg	14	1	--
Iron, Fe 1	mg	11.00	1	--
Magnesium, Mg 1	mg	62	1	--
Phosphorus, P 1	mg	550	1	--
Potassium, K 1	mg	810	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Sodium, Na 1	mg	950	1	--
Zinc, Zn 1	mg	9.40	1	--
Copper, Cu 1	mg	0.780	1	--
Manganese, Mn 1	mg	0.110	1	--
Selenium, Se 1	µg	36.8	1	--
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin 1	mg	0.312	1	--
Riboflavin 1	mg	1.300	1	--
Niacin 1	mg	14.800	1	--
Pantothenic acid 1	mg	4.150	1	--
Vitamin B-6 1	mg	0.499	1	--
Folate, total 1	µg	8	1	--
Folic acid	µg	0	1	--
Folate, food 1	µg	8	1	--
Folate, DFE	µg	8	--	--
Choline, total 1	mg	257.7	--	--
Betaine 1	mg	42.8	1	--
Vitamin B-12 1	µg	15.10	1	--
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	11	--	--
Retinol	µg	11	--	--
Carotene, beta	µg	0	--	--
Carotene, alpha	µg	0	--	--
Cryptoxanthin, beta	µg	0	--	--
Vitamin A, IU	IU	37	--	--
Lycopene	µg	0	--	--
Lutein + zeaxanthin	µg	0	--	--
Vitamin E (alpha-tocopherol) 1	mg	0.07	1	--
Vitamin E, added	mg	0.00	--	--
Tocopherol, beta 1	mg	0.00	1	--
Tocopherol, gamma 1	mg	0.00	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tocopherol, delta 1	mg	0.00	1	--
Vitamin D (D2 + D3)	µg	0.0	--	--
Vitamin D	IU	0	--	--
Vitamin K (phylloquinone) 1	µg	0.0	1	--
Lipids				
Fatty acids, total saturated	g	1.586	--	--
8:0 1	g	0.000	1	--
10:0 1	g	0.000	1	--
12:0 1	g	0.000	1	--
14:0 1	g	0.060	1	--
15:0 1	g	0.015	1	--
16:0 1	g	0.861	1	--
17:0 1	g	0.030	1	--
18:0 1	g	0.604	1	--
20:0 1	g	0.008	1	--
22:0 1	g	0.000	1	--
24:0 1	g	0.008	1	--
Fatty acids, total monounsaturated	g	1.201	--	--
14:1 1	g	0.000	1	--
15:1 1	g	0.000	1	--
16:1 undifferentiated 1	g	0.076	1	--
17:1 1	g	0.015	1	--
18:1 undifferentiated 1	g	1.087	1	--
20:1 1	g	0.023	1	--
22:1 undifferentiated 1	g	0.000	1	--
24:1 c 1	g	0.000	1	--
Fatty acids, total polyunsaturated	g	0.370	--	--
18:2 undifferentiated 1	g	0.211	1	--
18:3 undifferentiated 1	g	0.068	1	--
18:4 1	g	0.000	1	--
20:2 n-6 c,c 1	g	0.000	1	--
20:3 undifferentiated 1	g	0.000	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
20:4 undifferentiated 1	g	0.045	1	--
20:5 n-3 (EPA) 1	g	0.015	1	--
21:5 1	g	0.000	1	--
22:4 1	g	0.000	1	--
22:5 n-3 (DPA) 1	g	0.023	1	--
22:6 n-3 (DHA) 1	g	0.008	1	--
Cholesterol 1	mg	164	1	--

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD